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1. A sound-deadening laminate, comprising:
 - a structural skin having a first face; and
 - a layer of sound-deadening material, wherein the material has an equivalent Young's Modulus between 50 and 600 psi and is attached to the first face of the structural skin to form a laminate structure.
2. A building component assembly, comprising:
 - at least one assembly framing member and
 - at least one combination sound-deadening board that is a single laminate structure comprising a structural skin layer attached to a sound-deadening material, wherein the sound-deadening material has an equivalent Young's Modulus between 50 and 600 psi, and
 - the at least one combination sound-deadening board is attached to the assembly framing member such that the sound-deadening material faces the assembly framing member.